

# INDIVIDUAL

## NEW JERSEY ATHLETIC CONFERENCE

### ALL-TIME CROSS COUNTRY CHAMPIONS

#### **MEN**

2024	Joshua Cason, Rowan, 25:11
2023	Erik Ackerman, Stockton, 26:01
2022	Justin Kelly, Rowan, 25:09
2021	Chris Andersen, Ramapo, 24:57
2020-21	Cooper Knorr, Stockton, 25:33
2019	Robert Abrams, TCNJ, 24:37
2018	Daniel Henry, Rowan, 26:10
2017	Kevin Veltre, Rowan, 24:38
2016	Jeremy Hernandez, Ramapo, 25:04
2015	Jeremy Hernandez, Ramapo, 24:53
2014	Jonathan Sewnig, Rowan, 25:30
2013	Robert Rawls, Rowan, 26:37
2012	Andy Gallagher, TCNJ, 25:13
2011	Robert Rawls, Rowan, 26:03
2010	Abad Akhtar, Richard Stockton, 25:37
2009	Kyle Price, Ramapo, 26:21
2008	Christopher Guerriero, TCNJ, 24:39
2007	Christopher Guerriero, TCNJ, 25:25
2006	Christopher Guerriero, TCNJ, 25:31
2005	Matt Randal, TCNJ, 25:16
2004	Matt Molski, TCNJ, 25:42
2003	Brian Donovan, TCNJ, 26:27
2002	Nick Ricco, TCNJ, 25:22
2001	Eamon O'Brien, TCNJ, 25:51
2000	Eamon O'Brien, TCNJ, 26:16
1999	Mike Walker, TCNJ, 27:04
1998	Mike Walker, TCNJ, 26:31
1997	Shawn McElhaugh, TCNJ, 26:10
1996	Shawn McElhaugh, TCNJ, 25:20
1995	Mike Andino, Rowan, 26:04
1994	Jason Capelli, TCNJ, 26:47
1993	Rob Black, Rowan, 25:12
1992	Matt Martin, Rowan, 25:25
1991	John Schilling, Glassboro, 26:43
1990	Rex Myers, Glassboro, 26:17
1989	Rich Bostwick, Glassboro, 26:05
1988	Rich Bostwick, Glassboro, 25:57
1987	Rich Bostwick, Glassboro, 26:05
1986	John Montgomery, Glassboro, 25:56
1985	Scott Costello, Glassboro, 25:54
1984	Ron Deckert, Glassboro, 26:23
1983	Robert Rimkis, Glassboro, 24:15
1982	Greg Rapp, Glassboro, 24:25
1981	Greg Rapp, Glassboro, 24:19
1980	Derick Adamson, Glassboro, 25:41
1979	Jack Kruse, Glassboro, 24:47
1978	Jack Kruse, Glassboro, 25:25
1977	Harry Frezza, Glassboro, 24:32
1976	Jack Kruse, Glassboro, 26:36
1975	Ron Veneman, William Paterson, 26:28
1974	Jeff Kicia, William Paterson, 28:29
1973	Tim O'Donoghue, Montclair State, 24:37
1972	Tom Fleming, William Paterson, 25:57
1971	Tom Fleming, William Paterson, 24:44
1970	Tom Fleming, William Paterson, 23:19
1969	Tom Fleming, William Paterson, 24:08
1968	Tom Greenbowe, William Paterson, 25:02
1967	Dean Shonts, Trenton State, 25:35
1966	Jim Harris, Montclair State, 24:39
1965	Geoffrey Stehli, Jersey City State, 29:13
1964	Tom Zacccone, Montclair State, 23:59.7
1963	Geoffrey Stehli, Jersey City State, 29:11
1962	Don Lang, Glassboro, 20:26
1961	Brian McColgan, William Paterson, 30:25

#### **WOMEN**

Mia Guerra, Rowan, 22:10
Dale Leonard, Ramapo, 22:59
Suzanne Zaugg, Ramapo, 22:51
Jane Wagner, Ramapo, 23:46
Salina Iyer, TCNJ, 24:02
Dianne Ferraro, Rowan, 22:31
Natalie Cooper, TCNJ, 22:47
Natalie Cooper, TCNJ, 21:44
Natalie Cooper, TCNJ, 21:35
Marissa Lerit, TCNJ, 21:58
Christin Bettis, Rowan, 23:33
Megan Borz, Rowan, 23:15
Danielle Czohla, Rowan, 21:54
Vanessa Wright, Rowan, 21:10
Jena Peacock, Rowan, 21:17
Jena Peacock, Rowan, 22:03
Martine McGrath, TCNJ, 21:57
Angela Tecco, TCNJ, 23:48
Megan O'Leary, TCNJ, 23:12
Kristen Pogorzelski, TCNJ, 22:47
Jenna Fasulo, TCNJ, 22:59
Beth Vesey, TCNJ, 23:45
Beth Vesey, TCNJ, 22:27
Beth Vesey, TCNJ, 18:45
Julie Corbett, TCNJ, 19:04
Noel Whitall, TCNJ, 18:37
Noel Whitall, TCNJ, 18:21
Kerry Moore, TCNJ, 18:43
Amy O'Donnell, TCNJ, 17:32
Michele Reo, Rowan, 17:44
Suzanne Mergner, Rowan, 19:18
Suzanne Mergner, Rowan, 18:50
Sharon Sittineri, Rowan, 17:55
Maureen Batiato, TCNJ, 19:19
Maureen Batiato, TCNJ, 19:43
Linda Vaughan, Glassboro State, 19:39
Rosa Dominques, Montclair State, 19:55
Jessica Levinskas, Montclair State, 19:52
Virginia Zaleski, Trenton State, 18:52
Michelle Nichol, Trenton State, 19:08
Michelle Nichol, Trenton State, 19:23

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\*Incomplete records for individual champions